July 2024 Issue 5







IT'S RED HOT POKER TIME!! Even though we are well into winter, the ORV gardens continue to give endless pleasure.

BIRTHDAY TEA

The colder weather brought a new crop of birthdays to celebrate, which we sure did on the 10th June, with the usual scrumptious spread prepared by the Social Committee.









FATHER'S DAY LUNCH



MUSIC QUIZ NIGHT



The Socialites (the Smarties team)



Famous six (Iollipop team)







VILLAGE NEWS

EDITORIAL

Hello from an extremely chilly me.

I simply cannot seem to get warm. I feel that I must have reptilian blood in my veins as all I want these days is a sun-warmed rock to bask on.

For this month's issue of the Olive Branch, we have some great articles for you to sink your teeth into.

I would like to thank the residents who took photos at the events which were held recently. Thank you so much.

We once again appeal to readers, English and Afrikaans alike, to submit articles or snippets of interest for inclusion in our newsletter. We really need and appreciate your support.

So, it's July, it's winter, and it's cold! Time to cuddle up in your winter woollies and stay warm.

Till next month,

Angie



The Little garden next to reception has been re vamped.

Barbara



Congratulations to Michael Moreroa, our bus driver, who conquered the 2024 Comrades.



Congratulations to Mark, son of Heather Bilbrough, who completed the 2024 Comrades Marathon

A huge thank you to the following residents who assisted on voting day:

Estelle Visser at the polling station

Sandy Kruger and Caron Frylink.

Liezel of Trafalgar who completed the lists.

Michael who drove the bus.

We are all very grateful, thank you.

Lionel Smith unit 332.



Aging gracefully is an art.
Aging disgracefully is an
absolute blast!

MARKET DAY





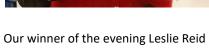




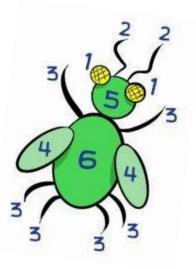


BEETLE DRIVE











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- Tank water level gauge
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We will provide you with the HOA JOJO Application Form, a unit specific placement sketch & photo's - you need only sign the application & submit to the HOA for approval.

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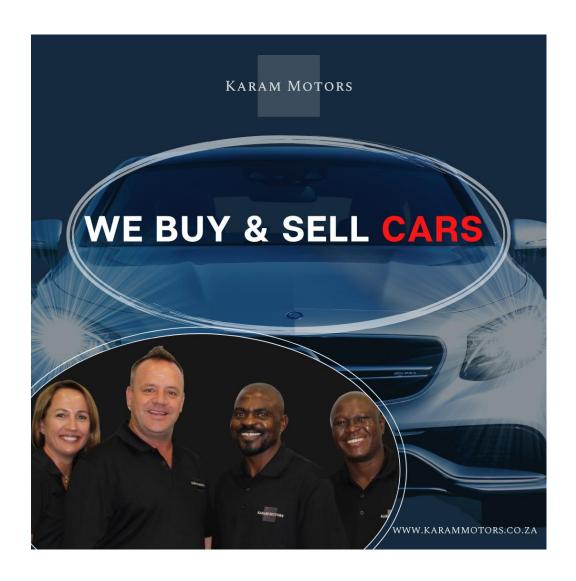
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PUZZLE CORNER

How many words of 3 or more letters can you make from the 5 letters below, using each letter only once? No foreign words or those beginning with a capital are allowed. There is at least one five letter word.

EGSAW

	4			2		8	6	5
7			6		8			
1					4	7		2
	1	8	7	4				
		5	2		9	6		

9 1 5 5 6 1 5 6 8 7 3 6 2 7 7

OLD HISTORICAL MEMORIES

A cup of tea and a bit of peace back in the 1800s.



Charging an electric car back in 1905

A woman and her Harley Davidson, 1925

Sudoku





June is proving to be a most pleasant month. Yes, we have had some cold days, but as I am writing this, the sun is shining, there is no wind and it is pleasantly cool. Those who feel the cold, please forgive me, I enjoy winter. What is better than being able to snuggle up in bed with a hot water bottle or electric blanket, and just enough blankets to make you feel you are being cocooned in cotton wool. Warm, comfy and snug.

A few of my friends and I were chatting a few days ago, and it is surprising how many were educated at convent schools. We all had many similar stories of the nuns and how strict they were, but also many laughs. I went to the Springs Convent my entire school career. In Std 8 we had a nun called Sister Souza, since deceased. She was a character of note. Among the tips she gave us for our future were: The way to a man's heart is through his stomach (I took note of this one); When poverty comes in the door, love flies out the window; When you are married, never take in a boarder, it always causes problems between husband and wife (I believe this could happen). We laughed at the time but I think it is all good advice.

Also, the nuns instilled in us how wrong it is to steal, that stealing starts with little things like a sweet, but often ends with more valuable items. When my elder son started school I knitted him a school

jersey, using the school colours with stripes in the ribbing. I also stitched his name tag onto the neck of the jersey. The first time he wore it he came home without it. I went to the school myself but it was missing. On the very last day of the school year he came home with his jersey. It had clearly been worn and washed a number of times. Some mother had washed that jersey which she KNEW was not her son's, and then told him to leave it behind on the last day of the school year. I was shocked then and still am now at how theft is regarded almost as a way of life.

A music quiz was held on 15th June, and the turnout was very poor. What has happened that this once very popular event is so poorly supported? It is such fun. Whether you win or not is not the issue, or how much or little you remember about the music of the past. Those who attend have an enjoyable evening of fun and laughter, singing along to the muchloved music of the past. It is an opportunity to go out and mix with others and make new friends. I do hope the next one will be better supported.

Here are some gems from an era before English was boiled down to 4-letter words. I hope you enjoy, but not make it a habit of copying them. (Borrowed from Facebook). He had delusions of adequacy. Walter Kerr.

He has all the virtues I dislike and none of the vices I admire. Winston Churchill.

I have never killed a man but I have read many obituaries with great pleasure. William Faulkner

He has never been known to use a word that might send the reader to a dictionary. William Faulkner about Ernest Hemmingway.

Poor Faulkner. Does he really think big emotions come from big words? Ernest Hemmingway about William Faulkner

I didn't attend the funeral but I sent a nice letter saying I approved of it. Mark Twain.

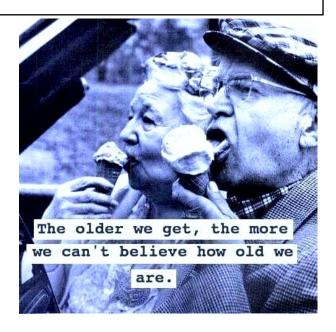
He has no enemies, but is intensely disliked by his friends. Oscar Wilde.

He has Van Gogh's ear for music. Billy Wilder.

Fortunately, many do not say at whom the insult was directed. I do think that the above had a wonderful command of the English language because they could deliver an insult so succinctly.

That's all for now. Enjoy the rest of the winter as much as you are able, and remember it is important to mix with others, always be ready to laugh and to have fun, even in our senior years.





OLDER AND WISER

As we get older, we become more honest and don't have the patience for pointless drama.

As we age, we tend to develop a greater sense of self-awareness and honesty, which can lead to a decrease in our tolerance for unnecessary drama and nonsense. We become more discerning and less interested in engaging with people who don't add value to our lives.

As we gain more life experience, we also become more aware of our own values and priorities, and we're less likely to waste our time on things that don't align with them.

We develop a greater sense of purpose and direction, and we're more focused on pursuing our goals and aspirations.

And let's be real, as we get older, we also become more comfortable in our own skin, and we're less concerned with trying to impress others or fit in with the crowd. We're more confident in our own identities and we're less likely to engage in behaviours that are driven by a desire for external validation. And that's a beautiful thing!



A beautiful picture you will find on the wall of the entrance to the Frail Care Centre. This picture is actually a giant jigsaw puzzle consisting of 13,224 pieces and was built by Philip and Patricia Salzwedel.



SOME INTERESTING FACTS

- Australia is wider than the moon.
- Venus is the only planet to spin clockwise.
- Allodoxaphobia is the fear of other people's opinions.
- Human teeth are the only part of the body that cannot heal themselves
- The first person processed at Ellis Island was a 15-year-old girl from Ireland.
- It would take 19 minutes to fall to the centre of the Earth.

1. Your shoes are the first thing people subconsciously notice about you. Wear nice shoes.



		Olive's Activ	ities			
Day	Activities	Venue	Time	Details Book at Reception EXT: 5499 or 5500		
Monday	Bus	All Saints/ Belair Enquire at Reception	09:30 – 11:00			
Tuesday	Pilates	Hall	09:00 - 10:00	Lejeane 082 364 2605		
	SASFA Exercises	Hall	10:15 – 11:00	Helga 083 277 3649 Vivienne EXT 5208		
	Card Games	Dining Room	14:00	Rummikub, Scrabble, Bridge, Ca- nasta		
	Line-dancing	Hall	17:30	Val Pearse EXT: 5144		
Wed	Bus	Northgate	08:30 – 12:00	Book at Reception		
	Bus	Cresta – 2 nd Wed in month	08:30 - 12:00	EXT: 5499 or 5500		
	Afrikaanse Bybel Studie	Olivedale Saal	15:30 – 16:30	Estelle Visser EXT: 5181		
	Bingo	Dining Room	17:30	Derek Saunderson EXT: 5315		
Thursday	English Bible Study	Longroom	10:00 – 11:00	Trevor Slade 083 391 1215		
	Pilates	Hall	09:00 – 10:00	Lejeane 082 364 2605		
	Card Games	Dining Room	14:00	Rummikub, Scrabble, Bridge, Ca- nasta		
	Craft Club	Dining Room	14:00	Norma Acutt EXT: 5107		
Friday	Bus	Lifestyle – Last Friday of the month	08:30 - 11:30	Book at Reception EXT: 5499 or 5500		
	SASFA Exercises	Hall	10:00 – 10:45	Helga 083 277 3649 Vivienne EXT: 5208		
	Chess	Dining Room	09:30	Tom Addison EXT: 5091		
Saturday	y No Scheduled activities					
				taking place on Saturday)		
Sunday	Interdenominational English Church Service	Hall	09:30 – 10:30	Trevor 083 391 1215 Gwyn 072 027 7788		
	Catholic Communion Services	Longroom	09:30	St John's Catholic Church 010 222 0631		
	Interkerklike Afrikaanse Diens	Olivedale Saal	17:00	Estelle Visser EXT: 5181		

UP COMING EVENTS JULY

DATE / TIME	EVENT	COST
Monday 8th, 3pm	Birthday/New Residents Welcome Tea	R 30 per person. NO payments for birthday residents and new residents
Monday 15th,	Talk on recycling	

Articles for Submission

Hand written submissions for inclusion into Olive Branch can be handed in at reception for Liezel Nel's attention or emailed to: angeliquemr50@gmail.com

Editorial Contacts

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Liezel Nel

<u>Village Management</u>

Chris Heyneke

Disclaimer

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Advertising Rates for 2024

- Published monthly - format is A4 portrait.
- Circulation: 120 black-and-white printed copies.
 300 emailed
- Full page: R800
- Half page, landscape only: R400-00
- Quarter page, portrait: R200-00
- Strip Ads across bottom of page: R100-00 (3cm high)
- Small
 advertisements
 and notices R1500 (size subject
 to space
 availability. Size
 generally is
 about 6,5 X
 4.5cm)
- Submissions by 20th of each month or preceding business day, if over a weekend or on a public

HEALTH

VILLAGE CLINIC HOURS - SISTER'S OFFICE /

DR'S ROOM Monday to Friday:

09h00 till 09h30 & 12h00 till 12h30

DRAWING OF BLOOD SPECIMENS

Repeat Fasting bloods:

Monday to Friday at Sister's office / Dr's Room 07h30 till 08h00

Drawing of blood in Unit/House.

Book an appointment one day ahead. Please contact ext no 5462 or 5011 and leave a message for the Village Sister.

FOR ANY EMERGENCY (24/7) PLEASE PRESS YOUR PANIC BUTTON & NURSING STAFF WILL BE IMMEDIATELY DISPATCHED TO YOUR UNIT.

LIST OF EXTENTION NUMBERS	EXTENSION		
Frail Care Office	5010		
(Matron)			
Frail Care Reception	5011 / 5462		
Kitchen Office	5493		
Kitchen Orders	5494		
Tuck Shop	5492		
Hair Salon	5496		
Clinic Sister	5495		
Reception	5499 / 5500 / 9		
Security	5400 / 5183		
Beauty Salon	5192		

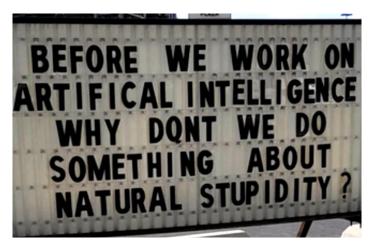
EMERGENCY CONTACT NUMBERS 24/7

Security guard room: 010 596 5400 / 5183

Security cell number: 064 131 8274 (when landlines are not

working)





Ruan Erasmus 071 481 6199

Olivedale Retirement Estate





1 Bed, 1 Bath Apartments R 590 000



3 Bed, 2 Bath Simplex R 2 995 000



2 Bed, 1 Bath Simplex R 1 490 000



3 Bed, 2 Bath **Simplex**

R2 050 000



2 Bed, 1 Bath **Apartment**

R 1 025 000



2 Bed, 1 Bath Simplex

R 1 595 000

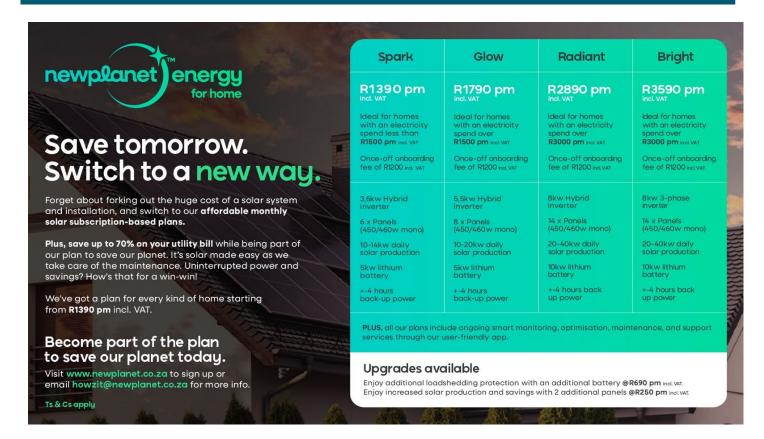
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